

## 2021 KAFCE EDUCATION PROGRAM GUIDE

### "FCE-Committed to Health, Food and Fun"

#### KAFCE Educational Program Awards Categories:

**EDUCATION:** The sharing of information or instruction to members, non-members and other groups using the current program year's lessons to further a learning experience of a topic.

**LEADERSHIP:** Guiding a current program year's lesson from initial presentation to the end, using training methods that empower students to teach other groups in the project/lesson. The Accomplishment Report and Tabulated Data should include both the initial presentation and results of the other group's resulting presentation.

**ACTION:** Using current program year's lessons, this award is based on action/activities with members, non-members or other groups, taking education into the next step of DOING (work, read, cook, build, make, demonstrate, hands-on ).

#### Tabulated Data:

**Number of Presenters:** Please record the number of presenters for the education program lesson. Maybe program was team taught, or different leaders for different presentations.

**Volunteer hours** of educational program lessons should be recorded in the FCE's or County Council's secretary's minutes. Should include the time of taking, preparing and reporting on educational programs and actions. Refer to Volunteer Handout for further clarification.

**Public Policy** is when there is communication/contact with lawmakers or public officers or employees; helping to bring about community issues in public meetings or places; signing or passing petitions in support or opposition to legislation, relations, or ordinances; attending public meetings; is made by public decision making groups such as government bodies.

#### **Accomplishment Report: FCE / County Council / Independent**

New in 2020, the FCE Unit/County Council/Independent may decide to:

- A. Enter for an award of one educational lesson, (develop a program, and record the goals, planning, actions, results, and evaluation and volunteer hours).
- B. **Not enter** for an award, but submits the Tabulated Data.

**County Council Accomplishment Report:** All the FCE's and/or Independent Members of a COUNTY develop an educational program of one current lesson and record the goals, planning, actions, and volunteer hours in the County FCE Council Secretary minutes. None of FCE's Accomplishment Reports may use the same lesson as the County Council Accomplishment Report or of the Community Service Award.

**Independent Accomplishment Report:** New to 2020, an independent member may or may not enter for an award. They may still record educational program related volunteer hours and other data.

#### **100% PARTICIPATION AWARD:**

100% County-earned when all FCE's of that county submit completed FCE Accomplishment Report. Completed Report is Page 1 Tabulated Data and Page 2-answered Option A or B.  
100% Area-when all counties of that area earned 100%.

#### **COMMUNITY SERVICE PROJECT:**

Recognize KAFCE members who through community service projects are changing the lives of others for the better. This service project is not under any educational program awards nor can be duplicated on any Accomplishment Report, either FCE/County Council/Independent.

**Due by December 1:** FCE unit sends to CO. EPC. Independent member sends to State EPC.  
**Due by January 1:** County EPC: Judge FCE reports in each category; Complete CO Council Accomplishment and Community Service Project, Summary of Award Winners Form. 100% reporting by County and send ALL forms to AREA EPC: (term expires May 31, 2021)  
**NE:** Joyce Blanka, 9770 Adams Creek Rd, Wamego 66547 (785) 456-7693  
**NW:** Jamie Lowry, 1045 11 Rd, Stockton, 67669 (785) 543-7709  
**SC:** Cynthia Ross, 14429 E. Killarney Ct, Wichita 67230 (316) 733-4090  
**SE:** Linda Dunekank, 1005 Twin Lakes Dr, Pittsburg 66762 (620) 232-0543  
**SW:** Scharlene Mix, 14534 NW O Rd, Jetmore 67854 (719) 850-9937  
**Due by February 1:** Area EPC: judge FCE & County Council winners in each category. Complete Summary of Award Winners Form & 100% Reporting by Area. Forwards ALL forms to: State EPC Chair (term expires December 31, 2021)  
**State EPC Chair:** Cindy Kiser, 220 North Grant, Erie 66733 (620) 423-1766  
**Due by March 1:** State EPC chooses FCE, County Council and Independent winners in each category, reports winners to appropriate officers and submit reports to NAFCE.

## **KAFCE EDUCATIONAL PROGRAM LESSONS**

***Button, Button, Who's Got the Button.*** By Cindy Kiser, KAFCE State EPC. Lesson materials include member handout and craft sheet.

Buttons are everywhere and members may have collections of them just sitting around. This lesson will give a brief history of buttons and examples of craft and game activities that can be done using buttons.

- **Educational Goals:** To understand the history of buttons. To appreciate how they can be used in unusual fun ways. To be involved in relaxing craft and/or game activities.
- **Community Awareness Activity:** Share news articles with a short history of buttons. Involve others with craft activities at the library. Encourage children to play age appropriate games with buttons. Use lesson in your group and other groups.
- **Public Policy:** Working with Senior Citizen groups, parks and recreation department youth activities.

***CHARACTER COUNTS!-Responsibility.*** Essay and Artwork Contest, and lesson. Leader Guides include the NAFCE booklet and a handout written by Faye Spencer, KAFCE State Vice President. Responsibility requires one to recognize that their actions or decisions matter; to do the right thing, not for credit or praise.

- **Educational Goals:** Learn there are four parts of responsibility: duty, accountability, perseverance and self-control.
- **Community Awareness Activity:** Present and encourage 4<sup>th</sup> graders to participate in Essay and Art contest. Encourage organizations to support and incorporate character building activities. Use lesson in your group and other groups.
- **Public Policy:** Working with public schools, public board of education to present lesson in the classrooms; give lesson to Senior Citizen/adult groups, parks and recreation department youth groups. Present storybook to the public library or school.

***Decluttering: For a Better Life.*** By Linda Hess, KAFCE State EPC Lesson materials include handout, plus leader's guide, NAFCE Hearth Fire Series # 25: "Someone's in Their Home Asking-What Records Should I Keep?"

Even the cleanest of houses are candidates for decluttering. Whether you're moving, downsizing, or are just tired of "too much stuff", this lesson provides help in sorting, organizing, and disposing of items in your home. Guidelines are provided for which important documents to keep.

- **Educational Goals:** Learn philosophies and methods of decluttering. Learn how to responsibly and thoughtfully dispose of unwanted items. Learn what papers are important to keep.
- **Community Awareness Activity:** Informational booth/media, display
- **Public Policy:** Help with city wide document shredding event. Help organize and/or participate in city wide garage sale or swap event.

***Under Pressure – Meals in Minutes.*** By Linda Leonard, KAFCE State EPC. Lesson materials include handout, recipe conversion and cooking time sheet, plus leader’s guide, NAFCE Hearth Fire Series # 70: “Someone’s in the Kitchen... Using Their New Gadget”. Rapidly becoming the latest new gadget is the Electric Pressure cookers (also called multipots). Pressure cooking is fun, fast and easy. In this lesson, you will learn about the history of pressure cookers, more specifically the Instant Pot. This lesson explains how to choose the correct size of Instant Pot for your family and then, when you bring that big box home but are intimidated by all the buttons, parts and pieces, guides you through starting to use your new appliance. Once you get the hang of some simple recipes, you will be ready to spread your wings and enjoy discovering the world of Instant Pot cooking.

- **Educational Goals:** Learn to make healthier meals, to cook meals in less time and to save money.
- **Community Awareness Activity:** Hold cooking demonstrations using the Instant Pot and distribute easy, healthy recipes.
- **Public Policy:** Working/helping with local emergency food banks, health department, summer school food program, Meals on Wheels, Senior Citizen meals

***Where is the Top of the World?*** By Faye Spencer, KAFCE State Vice President. Lesson materials include a leader’s guide plus member’s handout.

The Spencer family, Brian, Faye, three daughters and two sons-in-law traveled to Brian’s native country, Federal Democratic Republic of Nepal. Home to the tallest mountain of the world, Mount Everest, birth place of Lord Buddha and formerly the only Hindu Kingdom.

- **Educational Goals:** Participants will have an increased awareness of the uniqueness and diversity.
- **Community Awareness Activity:** Promote Nepalese cultural and cuisine by celebrating Hindu holidays. Invite guest speaker. Plan and prepare meals or tea party.
- **Public Policy:** Working with public schools, public board of education to present lesson in the classrooms;

**Additional Material handouts:**

- Leader’s Guide NAFCE **HF # 27**-“Someone’s in the USA saying-Show Me the Power of Healing Foods”; Supplement to KSU lesson: “Diabetes: You are in Control” and/or “Taking a New Look at Fermented Foods”.
- Member Handout NAFCE **HF # 18**-“Women to Women: Do I Have Diabetes?” Supplement to KSU lesson: “Diabetes: You are in Control”.
- Leader’s Guide NAFCE **HF # 57**-“Someone’s Asking-How Can We Stretch Our Food Budget?” Supplement to KAFCE lesson “Under Pressure-Meals in Minutes”, and/or KSU lessons: “Taking a New Look at Fermented Foods” and/or “Working Together to Reduce Food Waste”

## **K-STATE FAMILY CONSUMER SCIENCE LESSONS:**

**Diabetes: You are in Control** (Update to prior Dining with Diabetes) Leadership Team: Barbara Ames, Extension Agent; Sara Sawyer, Extension Agent; Gayle Price, Program Leader & Regional Specialist. Diabetes is a common, costly and serious disease. About one in four people don't know they have it. It is not curable, but is treatable. Diabetics may live long lives if they learn and practice disease self-management skills that promote good health.

- **Educational Goals:** Identify risk factors and symptoms; Identify life-style choices and behaviors that can help prevent and/or delay diabetes.
- **Community Activities**
  - Present this program to already established community groups such as social clubs, service organizations or church groups.
  - Sponsor a booth or display at a local county fair, health fair, Walk Kansas activity, or other upcoming community event.
  - Encourage participation in a local Dining with Diabetes course if offered.
  - Use fact sheet key points in social media posts.
- **Public Policy:** Working/helping with local emergency food banks, health department, summer school food program, Meals on Wheels, Senior Citizen meals

**Taking a New Look at Fermented Foods**. Donna Krug, Extension District Director. The process of fermenting foods – to preserve them and to make them more digestible and more nutritious, is as old as humanity. Fermented foods are a powerful aid to digestion and a protection against disease.

- **Educational Goals:** Learn basics of fermentation, Health benefits of diet which include fermented foods
- **Community Activities:** Face-to-face workshops, Healthy Community Potluck that features fermented foods, Sharing social media posts about fermentation
- **Public Policy:** Working/helping with local emergency food banks, health department, summer school food program, Meals on Wheels, Senior Citizen meals.

**Working Together to Reduce Food Waste** - Londa Nwadike, Extension Food Safety Specialist. In 2010, 31% or 133 billion pounds of the available food supply at retail and consumer level went uneaten. With the growing number of people in the world, the need for more food for all these people also increases and reducing food waste would be a very effective means of increasing food availability. Further, the USDA Economic Research Service estimates that households could save up to \$371/person/year by reducing their food waste.

- **Educational Goals:** Participants will learn how to reduce food waste by
  - ❖ Reducing the volume of surplus food through: meal planning; strategic grocery shopping; proper food storage; extending the life of food; understanding and checking food product dates.
  - ❖ Donating safe and nutritious surplus food.
  - ❖ Composting food unsuitable for consumption.
- **Community Activities**
  - ❖ Sharing social media posts (KSRE has developed some of these, for example).
  - ❖ Share press releases (KSRE just put out a press release on this)
  - ❖ With funding, organizations could also invest in bus signs, outdoor posters and road signs on this topic
- **Public Policy:** Working/helping with local emergency food banks, health department, summer school food program, Meals on Wheels, Senior Citizen meals.